**Stellar Academy Timetable – Friday 19th June**

*(Now some of you have gone back to school we have altered the plan so it can be done in the evening. It can still be broken up and done throughout the day)*

**FRIDAYS ARE FOR DANCING!**

**16.30-17.00\* =** [**https://youtu.be/ACg6pdJ0Iy0?t=87**](https://youtu.be/ACg6pdJ0Iy0?t=87) **Warm up/stretch/strength**

**17.00-18.00\* = Choreo** [**https://youtu.be/Ijhk-ee4EyA**](https://youtu.be/Ijhk-ee4EyA)

**18.00-18.20\* = Bars from Week 2 (Swing shapes)**

**18.20-18.40\* = Beam from Week 2 (Cartwheels)**

**18.40-18.55\* = Friday Squad Conditioning**